

# 2022 SPORTS4VETS THROWDOWN - WEEK 3

## *WHEELCHAIR DIVISION*

### WORKOUT

As many repetitions as possible in 3 Rounds (8mins total):

**60s: Side-to-Side Deadlifts**

**60s: Shoulder-to-Overhead (S2O)**

**60s: Rest**

♂ 10lb. weight | ♀ 5lb. weight

### EVENT DESCRIPTION

Athletes begin the event in a standing tall or sitting tall position (for the Wheelchair Division). Athletes will complete as many repetitions of deadlifts in 60 seconds, then as many repetitions of shoulder-to-overhead lifts in 60s. Athletes will then have 60 seconds of rest. Athletes will complete three (3) total rounds.

### SCORING

Score is total repetitions. Example: 40 deadlifts + 57 S2O = 97 total repetitions

Athletes are required to keep track of and submit their own score (except the Vision Division who may have an assistant enter their score on Competition Corner). A scorecard is provided to assist in keeping track. A best practice is to have an assistant help keep track of your time and repetitions.

Submit score on Competition Corner  
(Link: <https://competitioncorner.net/events/6358>)

### MODIFICATIONS

Athletes may consider modifying movements due to safety concerns or ability. Athletes in any division may modify either of the movements to a seated version (refer to the Wheelchair Division for standards).

Refer to the modification description for each division.



### EQUIPMENT

The same weight (load) should be used for both movements: the deadlift and the shoulder-to-overhead.

Traditional gym weights such as a dumbbell, a kettlebell, a barbell, or a medicine ball may be used.

Another acceptable option for the loaded weight is to use any bag, backpack, or duffle bag with additional weight inserted. Best options for inserted weight are bags of rice, bagged flour, bagged sugar or bagged sand.

### RISK MITIGATION

Safety is paramount. Athletes should not perform any movement that causes pain or could lead to injury.

Athletes may make modifications to the workout as needed regarding risk mitigation.

# MOVEMENT STANDARDS

## SIDE-TO-SIDE DEADLIFTS

Video: <https://youtu.be/H26l3Sbnh48>

- The rep begins with the weight on the ground, beside the athlete's chair (near the axle).
- The athlete will lift the weight to their lap and then lower the weight to the opposite side of their chair.
- The rep is credited when the weight touches the ground opposite of the side from where it started.
- Athletes may use not lifting hand to grab their chair for support.
- Athletes who have the function of their hips and/or legs may not use their lower body to assist in the movement.

## SHOULDER-TO-OVERHEAD

Video: <https://youtu.be/abR7og7XkcM>

*\*video shows barbell press*

- The rep begins with the weight at the athlete's shoulders.
- Athletes then shoulder press the weight overhead.
- The rep is credited once the athlete has control of the weight overhead, in the frontal plane, with the arms fully extended.

*NOTE: a common fault is not finishing overhead by pushing the weight in front of the shoulders (frontal plane).*

## MODIFICATIONS

**RANGE OF MOTION:** Athletes may modify range of motion standards by reducing the finish position overhead. Athletes may modify to chest press (horizontal movement) if an overhead movement is unsafe for them. Athletes may use one arm instead of two arms.

# 2021 SPORTS4VETS THROWDOWN – WEEK 3

## WHEELCHAIR DIVISION

**WHEELCHAIR**

As many repetitions as possible in 3 Rounds:  
 60s Side-to-Side Deadlifts  
 60s Shoulder-to-Overhead (S2O)  
 60s Rest

ROUND	60s DEADLIFT	60s SHOULDER-TO-OVERHEAD	60s REST
1			60s REST
2			60s REST
3			DONE!
TOTALS			X

**Total DEADLIFTS:** \_\_\_\_\_ **+ Total S2O:** \_\_\_\_\_ **= Total repetitions:** \_\_\_\_\_

Submit score on Competition Corner (link: <https://competitioncorner.net/events/6358>)



# WEEK 3 PREPARATION

## OVERVIEW

A training session is provided to prepare athletes for the scored workout by exposing them to the movements and intensity of the event. This training session is not required but athletes are encouraged to practice the movements before adding intensity.

## TRAINING SESSION PLAN

TIMELINE	ELEMENT	DESCRIPTION
0-5	Session Setup	- Weight for deadlifts and shoulder-to-overhead
5-10	Warm-Up	<b>General Warm-Up:</b> 15s Neck Rolls (each direction) 15s Shoulder Rolls (forwards/backwards) 15s Big Arm Circles (forwards/backwards) 15s Shoulder Twists (internal and external rotations) 15s Chain Breakers 15s Arm Back Slaps
		<b>Specific Warm-Up (2 Rounds):</b> 15s Arms-Only Jacks 15s Dip Support Hold (top position) 15s Arms-Only Core Twists
15-21	Training Session	<b>6 Rounds:</b> 30s Side-to-Side Deadlifts 30s Shoulder-to-Overhead 30s Rest
21-25	Cooldown & Recovery	- 3mins: slow movement: manual push or easy pace on a cardio machine - 2mins: Cooldown breathing (3s inhale, 3s hold, 3s exhale, 3s hold) <i>*Stretch muscle groups used during your session</i>